

1. In spinal arthroplasty, the improvement comprising:
 - 2 one or more bio-resorbable components to hold a vertebrae and a prosthetic or natural arthroplasty device in place until soft tissues surrounding the spine heal.
2. The improvement of claim 1, wherein the components include a rod, plate, screw, or a combination thereof.
3. The improvement of claim 1, wherein the bio-resorbable components facilitate a limited degree of motion or mobility during or after healing.
4. The improvement of claim 3, wherein the limited degree of motion or mobility is controlled by the flexibility of the bioresorbable components.
5. The improvement of claim 4, wherein the flexibility of the components is due in part to the modulus of elasticity of the bioresorbable components.
6. The improvement of claim 4, wherein the flexibility of the components is due in part to the thickness or other physical attribute of the bioresorbable components.
7. The improvement of claim 3, wherein the limited degree of motion or mobility is controlled by the rate of resorbtion of the components.
8. The improvement of claim 1, wherein the arthroplasty device includes allograft.